

AMENDMENT A

Claim 1 canceled.

Claim 2. (currently amended) The ~~device~~method of claim 12 wherein said toy further comprises arms each having five fingers and wherein said arms and fingers also exhibit indicia that correspond to known meridian~~-and-chakra~~ points on the human body.

Claim 3. (currently amended) The ~~device~~method of claim 12 wherein said toy further comprises legs and wherein said legs also exhibit indicia that corresponds to known meridian~~-and-chakra~~ points on the human body.

Claims 4 through 6 cancelled.

Claim 7 (currently amended) The ~~device~~method of claim 12 wherein said indicia are visual.

Claim 8. (currently amended) The ~~device~~method of claim 12 wherein said indicia are tactile.

Claims 9 through 11 cancelled.

Claim 12. (currently amended) A method of teaching the self-administration of energy psychology or tapping therapy to relieve a disturbance or discomfort comprising the steps of:

- (a) ascertaining the nature and intensity of a subject's disturbance or discomfort;
- (b) determining in accordance with known teachings the meridian points most appropriate to relieve the disturbance or discomfort; and

(c) teaching said subject to self-administer said therapy using a toy having at least a head and torso exhibiting indicia that correspond to known meridian points on the human body, said teaching step comprising ~~The method of claim 10 wherein the step of teaching the subject to self-administer the therapy further comprises the further steps of:~~

(1) demonstrating said therapy by tapping said indicia on said toy corresponding to said meridian ~~and chakra~~ points identified as most appropriate to relieve said disturbance or discomfort;

(2) demonstrating said therapy on said subject by tapping said meridian ~~and chakra~~ points identified as most appropriate to relieve said disturbance or discomfort;

(3) stimulating said meridian ~~and chakra~~ points on said subject by tapping said points with said toy;

(4) directing said subject to tap said indicia on said toy that correspond to said meridian ~~and chakra~~ points; and

(5) directing said subject to tap in sequence and cadence said meridian ~~and chakra~~ points on said subject's own body at the same time as said teacher taps said indicia on said toy corresponding to said same meridian ~~and chakra~~ points.

Claims 13 through 18 canceled.

Claim 19. (currently amended) The method of claim 10~~2~~ wherein the toy is selected from a group comprising dolls, animals, fanciful characters and puppets.

Claim 20. (currently amended) The method of claim 10~~2~~ wherein the indicia are selected from a group comprising colors, spots, freckles, dimples, bumps, fur, warts, calluses and tentacles.